

Agency Wellness Champions Meeting
April 27, 2010
1:30 pm-3:00 pm
MN Dept of Health: Golden Rule Bldg.

Members Present:

Linda Feltes	MMB	Sandy Stolt	Retirement Systems
Dawn Cvengros	MMB	Lynn Frank	Mn/DOT
Jenny O'Brien	DLI	Angie Sechler	MDH
Joanne Prillaman	Tax Ct/Judicial	Barb Wills	MDH
Colleen Cooley Schmitz	DNR	Chris Barth	DOC-Red Wing
Kim Engwer-Moylan	MDH	Janice Jones	MDH
Sally Kupferschmidt	MSRS		

Welcome (Linda Feltes)

JourneyWell Health Assessment Summary for 2009 (Dawn Cvengros)

- Dawn reviewed the summary which was available as a handout and here: <https://extranet.mmb.state.mn.us/workwell/tools.htm>.
- Several people requested a breakdown of the information by male/female and by agency, to help better understand the health status within an agency. There is concern that this might cause comparing and judgment between agencies, so it was suggested that an agency could have the health assessment summary data for their agency compared to all agencies. Dawn and Linda will take this back to the Health Risk Mgmt. team for consideration.
- There was also a recommendation that spouses not covered under the Advantage Health plan for state employees still have access to the wellness programs, such as quit smoking plans, as spouses' behaviors have such a strong influence on each other. It's easier for one partner to quit smoking, for example, when the other is quitting as well. Linda and Dawn can bring this to the HRMgmt. Team. Linda also suggested that people make this recommendation to their union reps, as this would be a negotiated benefit.

Energy Break (Linda Feltes)

- Linda led an exercise that suggests how difficult it is for people to change, because generally we like things just the way they are.

Program Updates (All)

- (Forgive me, but I did not take good notes for this discussion. Suffice it to say, you all rock!)
- Wednesdays in June, Judicial will host a Mindfulness-Based Stress Reduction class. Please contact Joanne Prillaman for details: joanne.prillaman@taxcourt.state.mn.us.
- Wednesday, June 9 is the Capitol Complex Bike Walk to Work Day celebration. Contact Lisa.Austin@state.mn.us for flyers. Twin Cities Bike Walk Week is June 5-11, and Bike Walk to Work Day is Thursday, June 10. Go to www.bikewalkweek.org.
- Please post your events on the Work Well website for all to share!

2nd Anniversary Celebration

- Linda gave out certificates of appreciation that Kim Engwer-Moylan once again designed for us. Special thanks and certificates went to the founding members of the Agency Wellness Champions Team. Thanks, Kim!

Next Meeting

Tuesday, May 25

1:30-3:00

Minnesota Management & Budget

Ladyslipper Room-Ground Floor

Centennial Building

658 Cedar St

St. Paul, MN 55155